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JAN. 1998

# An Ounce Of

# PREVENTION

## A Guide To Heart Health



U.S.  
DEPARTMENT OF HEALTH  
AND HUMAN SERVICES  
Public Health Service

Featuring the Ramírez Family



**Mariano**



**Virginia**



**Doña Fela**



**Néstor**



**Carmencita**

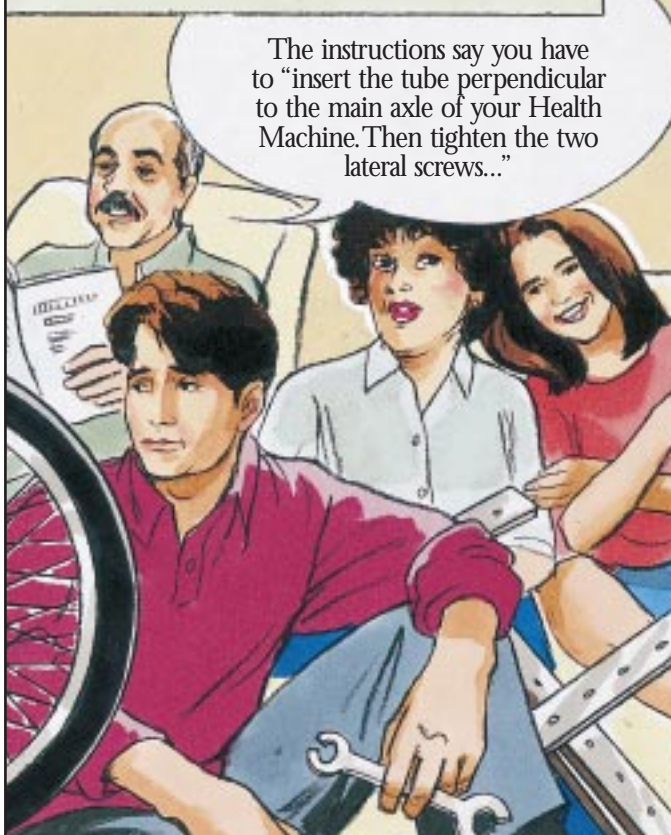


My family has made the switch to a heart-healthy lifestyle to protect us against heart disease. Now we have a new sense of well-being. Come on and see how we did this!



# The New Health Machine: Exercise

The Ramírez family just got their new "health machine."



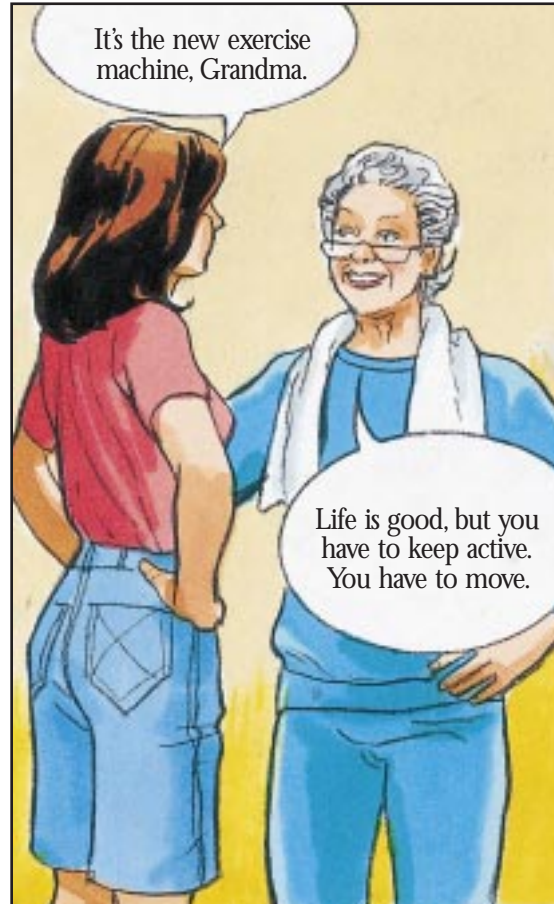
I told you, mamá, my friend Ana lost 10 pounds, and her machine isn't even a shadow of ours ...



I hope it's easier to use than it is to put together!

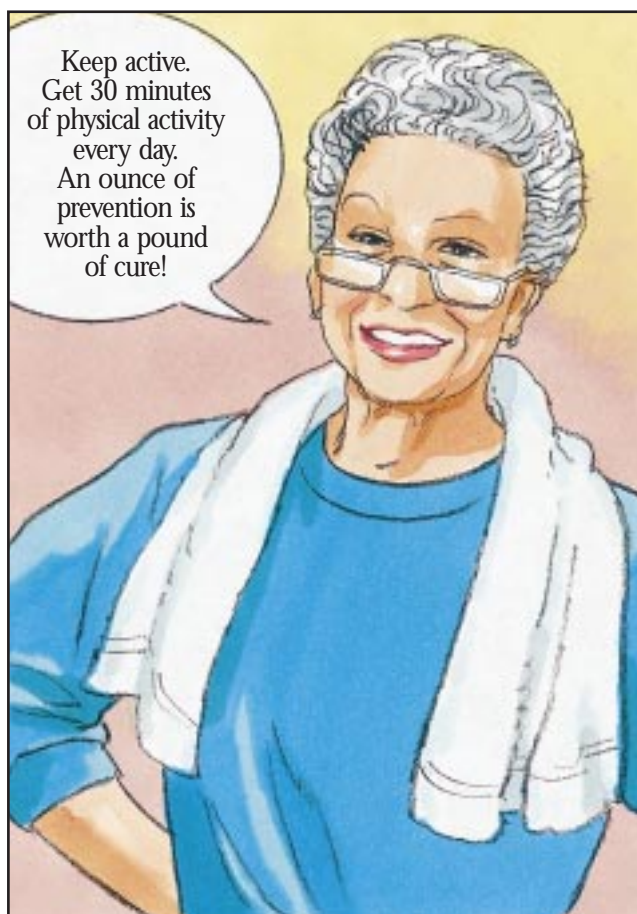
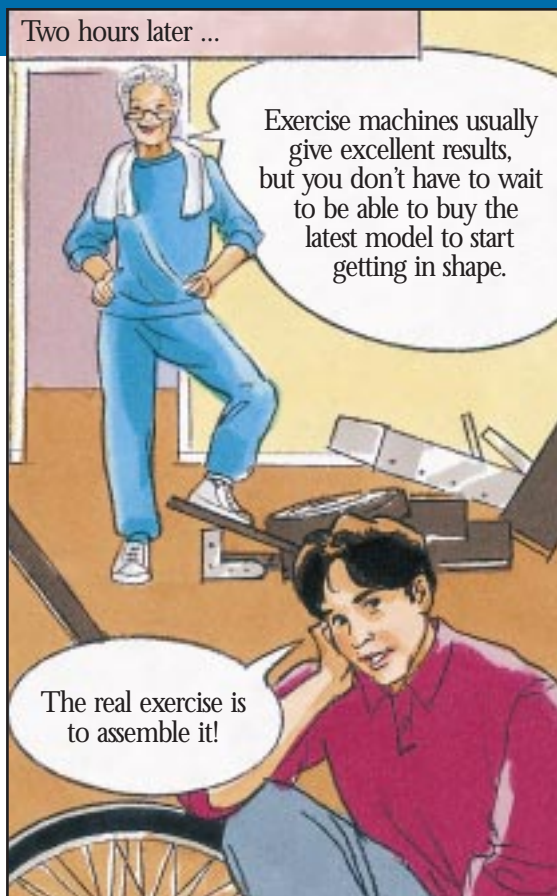


It's the new exercise machine, Grandma.





Two hours later ...



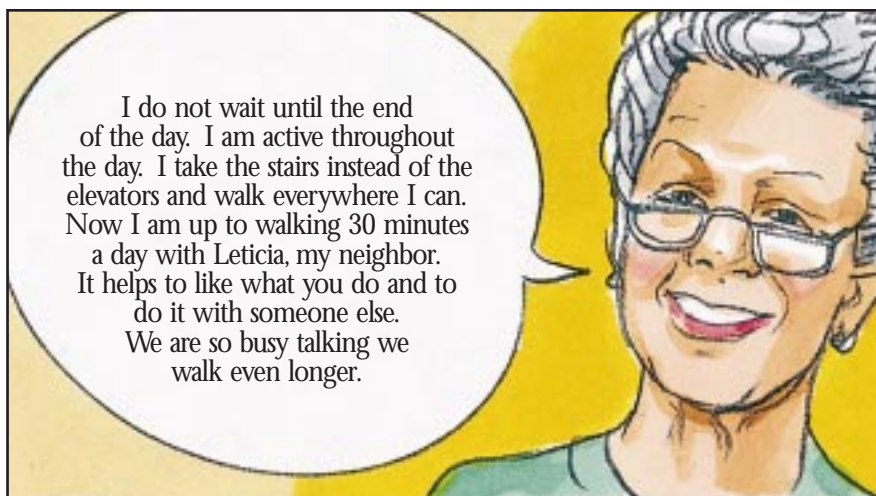
## Take heart. Say YES to physical activity.

Regular physical activity can help your heart and lungs work better, lower your blood pressure and blood cholesterol, lower your blood sugar, and help you control your appetite and weight. What's more, it can help you relax and feel less tense and sleep better, as well as feel more energetic and good about yourself.



## Make staying active a lifelong habit.

Doña Fela has learned that the more physical activity you do, the easier it gets.



I do not wait until the end of the day. I am active throughout the day. I take the stairs instead of the elevators and walk everywhere I can. Now I am up to walking 30 minutes a day with Leticia, my neighbor. It helps to like what you do and to do it with someone else. We are so busy talking we walk even longer.

## Keep moving. Start slowly and work your way up!

Strive to do 30 minutes of activity every day. If you're short on time, try three 10-minute periods.

### A good place to start



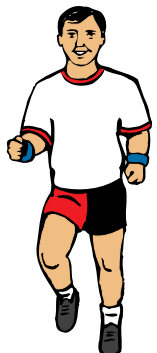
- Use the stairs instead of the elevator.
- Get off the bus one or two stops early and walk.

### Move to these activities

- Walk
- Rake leaves
- Dance
- Jump rope
- Garden
- Ride a stationary bike



### Increase to this higher level



- Running
- Aerobic dancing
- Swimming
- Floor exercises
- Sports
- Jumping jacks
- Soccer
- Bicycling

## Other things to do to help you and your family get started:

- Leave a pair of walking shoes in your car.
- Set a date and time with a co-worker to begin walking.



Carmencita, Virginia, and N  stor have all increased their physical activity. They now dance and use their exercise machine almost every day. And Mariano also jogs in place each day.

## Make your personal pledge to exercise like the Ram  rez family does! Look at these examples:

### Morning

Park the car a few blocks away and walk for 10 minutes.

### Noon

During lunch, walk with a friend for 10 minutes.

### Evening

After dinner, ride a stationary bike for 10 minutes while watching television.

## Write the changes you will try to make this week:

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**Your health and your family's health is priceless.  
Make an investment in it!**